

2026 MODERN PENTATHLON EUROPEAN SENIORS CHAMPIONSHIP İSTANBUL TÜRKİYE

RELAY'S 03 August

WOMEN RELAY - 03 August			MEN RELAY - 03 August		
Start Time	Discipline	Notes	Start Time	Discipline	Notes
09:00	FRR	warm-up 08:30	13:00	FRR	warm-up 12:30
11:00	General Warm-up	1 hr.	15:30	General Warm-up	1 hr.
12:00	Fencing Direct Elimination	5 min. Break	16:30	Fencing Direct Elimination	5 min. Break
after DE	Obstacle	5 min. Break	after DE	Obstacle	5 min. Break
after OCR	Swimming	10 min. Break	after OCR	Swimming	10 min. Break
after SW	Laser Run		after SW	Laser Run	
after LR	Award Ceremony	Women Relay	after LR	Award Ceremony	Men Relay

WOMEN QUALIFICATIONS - 04 August

GROUP A			GROUP B		
Start Time	Discipline		Start Time	Discipline	
10:00	Obstacle		09:00	FRR	
11:30	Swimming		11:30	Obstacle	
13:00	FRR		13:00	Swimming	
16:30	Laser Run		15:30	Laser Run	



MEN QUALIFICATIONS - 05 August

GROUP A		GROUP B		GROUP C	
Start Time	Discipline	Start Time	Discipline	Start Time	Discipline
10:00	Swimming	11:30	Obstacle	09:00	FRR
12:00	FRR	13:15	Swimming	12:30	Obstacle
15:30	Obstacle	15:00	FRR	14:15	Swimming
17:30	Laser Run	18:30	Laser Run	16:30	Laser Run

Women Fencing Seeding Round: 17:45 (05 August)

WOMEN SEMI-FINALS 06 August

WOMEN SEMI-FINALS GROUP A - 06 August			WOMEN SEMI-FINALS GROUP B - 06 August		
Start Time	Discipline	Notes	Start Time	Discipline	Notes
08:00	General Warm-up	1 hr.	17:00	General Warm-up	1 hr.
09:00	Fencing Direct Elimination	5 min. Break	18:00	Fencing Direct Elimination	5 min. Break
after DE	Obstacle	5 min. Break	after DE	Obstacle	5 min. Break
after OCR	Swimming	10 min. Break	after OCR	Swimming	10 min. Break
after SW	Laser Run		after SW	Laser Run	

Men Fencing Seeding Round: 13:00 (06 August)

MEN SEMI-FINALS 07 August

MEN SEMI-FINALS GROUP A - 07 August			MEN SEMI-FINALS GROUP B - 07 August		
Start Time	Discipline	Notes	Start Time	Discipline	Notes
08:00	Warm-up	1 hr.	17:00	Warm-up	1 hr.
09:00	Fencing Direct Elimination	5 min. Break	18:00	Fencing Direct Elimination	5 min. Break
after DE	Obstacle	5 min. Break	after DE	Obstacle	5 min. Break
after OCR	Swimming	10 min. Break	after OCR	Swimming	10 min. Break
after SW	Laser Run		after SW	Laser Run	

FINALS 08 August

WOMEN FINAL - 08 August			MEN FINAL - 08 August		
Start Time	Discipline	Notes	Start Time	Discipline	Notes
08:00	Warm-up	1 hr.	17:00	Warm-up	1 hr.
09:00	Fencing Direct Elimination	5 min. Break	18:00	Fencing Direct Elimination	5 min. Break
after DE	Obstacle	5 min. Break	after DE	Obstacle	5 min. Break
after OCR	Swimming	10 min. Break	after OCR	Swimming	10 min. Break
after SW	Laser Run		after SW	Laser Run	
after LR	Award Ceremony		after LR	Award Ceremony	

MIXED RELAY - 09 August

Start Time	Discipline	Notes
09:00	FRR	warm-up 08:30
11:30	General Warm-up	1 hr.
12:30	Fencing Direct Elimination	5 min. Break
after DE	Obstacle	5 min. Break
after OCR	Swimming	10 min. Break
after SW	Laser Run	
after LR	Award Ceremony	Mixed Relay

INFORMATIONS

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